



"React don't Think"

BJJ Jump Start

**Details and Notes to Essential Positions
of Brazilian Jiu-Jitsu**

"I've done the note taking for you."



**UNDERSTAND YOUR OPPONENT'S BEST OPTIONS AND...
SHUT THEM DOWN!**

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CORE POSITIONS

1. Guard (Closed and Open)
2. Mount
3. Side Mount or control
4. Back Mount
5. Knee Ride, or Knee on Belly
6. Turtle

STATISTICALLY WHERE MOST MATCHES ARE FINISHED (BY A HUGE PERCENTAGE)

Note: you can finish your opponent from any position.

1. Back Mount
2. Mount
3. Guard

Position before submission:

This is argued however you will be much more successful if you stick to this rule. It just increases your percentage of finishing your opponent.

STATISTICALLY THE HIGHEST PERCENTAGE FINISHES (IN GI)

There are literally thousands of submission, but these you will see repededly.

1. Bow and arrow choke
2. Mount cross choke
3. Arm bar from guard
4. Triangle from Guard
5. Kimura
6. Collar choke

STATISTICALLY THE HIGHEST PERCENTAGE FINISHES (NO GI)

1. Rear-Naked Choke
2. Guillotine Choke
3. Arm Bar
4. Triangle
5. Kimura
6. Arm-Triangle Choke

Note: Almost all matches Gi and No Gi are won on Points. Sweeping and controlling the position is the number one way point are scored.

GENERAL CONCEPTS TO IMPROVE YOUR GAME IMMEDIATELY:

- Always combine submissions or escapes to make them more effective. This gives your opponent too much to think about.
- Always attack when in control so your opponent is constantly defending.
- Keep your elbows in from defensive positions. Drill this!
- Always try to keep your head and hips free.
- Always try to control your opponent's hips or head.
- No when to abandon bad positions off of failed submissions or sweeps quickly and recover. Do not over insist on a position that is low percentage.
- Use winning angles to offset the balance of your opponent to create openings.
- Always even the grip game; try to get control of this game.
- Know what your opponent's best options are and react before they do.
- Always attack the most threatening grip first, and then strengthen your position.
- Your opponent always has options until he taps! SO DO YOU!
- Move your opponent's head parallel to your body when they attempt to pass or get side control to create space.
- You dictate when to open your guard; don't let your opponent do it.
- Always block the cross face so your head is not controlled.
- Always try to control your opponent's hips or head.

GUARD

OPEN GUARD – TOP (APPROACHING THE OPEN GUARD)

Reaction Steps:

1. Elbows in contact with your inner thighs & stagger your stance. (to avoid sweeps)
2. Use your knees and hands (without reaching) to trap or kill the legs (**i.e. grab the ankles**) as they attempt different open guard techniques.
3. Use knee angles to kill their hook attempts & use your elbows to keep their feet away.

NOTES:

- Remember your opponent needs to establish two winning grips with his hands and one positional foot control.
- Push their knees high into their body or trap at the shins eliminating the power in their legs.
- Make small quick switches with the knees to begin to control for the pass.
- Don't let them under you, to start their game.
- Control the situation here and pass



SITTING GUARD – BOTTOM (OPPONENT APPROACHING STANDING)

Reaction Steps:

1. Grip and move to desired position before your opponent mounts an offense.

NOTES:

- Be the aggressor here, you have the option to move into any open guard you want based on your opponents reaction!
- Don't get put on your back!!!



SITTING GUARD – TOP (APPROACHING THE SITTING GUARD)

Reaction Steps:

1. Push the head, grab the ankle, and circle to get your opponent on his back.
2. Use position approaching the open guard concepts to approach

NOTES:

- To play sitting guard your opponent needs to close the gap.
- They have every open guard option available to them, eliminate their options.
- Force them to play off their back, you will be able to control the game and set up your pass.



OPEN GUARD – TOP (OPPONENT PULLS GUARD WITH GRIPS)

Reaction Steps:

1. Kill inside hook with knee.
2. Get rid of any grip affecting your posture. (the lapel, in the position)
3. Use approaching the open guard concepts

NOTES:

- Remember your opponent needs to establish two winning grips with his hands and one positional foot control.
- Kill the foot control first, and then get rid of the most threatening grip and posture up immediately,
- If your opponent starts to come under you to play something like X guard and you do not have control, backup and reset.



OPEN GUARD – BOTTOM (OPPONENT APPROACHING AND YOUR GET GRIPS)

Reaction Steps:

1. Establish two wining grips and at least one foot control.
2. Create an angle so your opponent can't fight against you head on.
1. Attack with any open guard technique.

NOTES:

- Push your opponent away at an angle and extend them to so they do not have a good base.
- With double sleeve control you also have the option to move to spider guard as a transition to keep the off balance.
- KEY HERE IS TO KEEP YOUR OPPONENTS BABLANCE DISRUPTED.



DE LA RIVA GUARD (OPPONENT STARTING TO ESTABLISH DE LA RIVA GUARD)

Reaction Steps:

1. Block the opposite leg and kill this foot control and stay square with your opponent.
2. Kill hook by turning your knee, quickly into the leg that is hooking. Keep squaring your body as he, moves around.
3. Reach under the hooked leg and break the grip on your ankle, begin a double stack pass.

NOTES:

- To play De La Riva your opponent must get an angle and create problems with your base by pushing opposite side hip away.
- By blocking the leg you create problems for them as they try and push that side away creating an angle.
- You need to keep square all the time so they can get full de la riva to kill this game.
- Maintain your approaching the guard concept and have a good base before you pass.



DE LA RIVA GUARD (DEALING WITH FULL DE LA RIVA GUARD CONTROL)

Reaction Steps:

1. Push the non-threaded leg away & base the other hand on the belt.
2. Step a big back to remove the foot hook and fall on your opponent keeping your grips.
3. Start working the cross face and remove any of the dominate grips on the legs.

NOTES:

- You can't beat the De La Riva Hook when it is the deep, so you need to find a way around it. Blocking the opposite side leg prevent them from bringing it in the take your back is priority.
- This guard is also used in conjunction with the spider guard. So be ready to kill any attempts to transition once you have regained control.



SPIDER GUARD (YOUR OPPONENT HAS DOUBLE SLEEVE CONTROL, PRE SPIDER GUARD)

Reaction Steps:

1. Get your elbows in and kill to one side.
2. Control the legs at the ankles and work your pass.

NOTES:

- This is a dominate control. You need to kill it before your opponent begins to launch an offense



SPIDER GUARD (NEUTRAL SPIDER GUARD)

Reaction Steps:

1. Bring your hands and knees together under the legs.
2. Step in, posture up, and hips forward over your opponent.

If sitting:

1. Elbows in and get your knee in.
2. Work to break the grip

NOTES:

- Your opponent needs to move and create an angle to keep you off balance.
- They need to spread you out to play this game.
- You need to react before they start playing this game.



SPIDER GUARD (ONE SIDE DOMINATE SPIDER GUARD)

Reaction Steps:

1. Step on your opponent's leg and pull and break his grip
2. Lift pant leg & push your hips forward (there should be no gap between your hips and his leg)
3. Pass on the other side

NOTES:

- You're off balance and did not react in time! You need to get back to a neutral position quickly.



BUTTERFLY OR SITTING GUARD - OFFENSIVE

Reaction Steps:

1. Keep your head below your opponent, slightly change your angle and close the gap to get the under hook.
2. Use your arm behind you to create an angle and a base. You can also use your arm to move with your opponent.
3. Use your elbows to scoop the arms away as you are closing in and get under hook.

NOTES:

- This is a great guard for sweeps and to off balance your opponent.
- Try not to ever stay square with your opponent.
- Keep your head forward and over your feet as well with elbows close to you.
- This will help keep you from being arm dragged or pushed to your back.



BUTTERFLY GUARD - DEFENSIVE

Top Position

Reaction Steps:

1. Keep your elbows in and fingers out and stop your opponent from closing the gap.
2. Keep your knees pinched on your opponents hooks and stay square with you opponent.
3. Stuff their legs, flatten them out and trap their hips, work your pass.

NOTES:

- In the butterfly guard your opponent has to create an angle (arm drag) or close in the get control. Kill the position by stopping his attempts to close the gap or arm drag.
- Your opponent will be constantly looking for under hooks, even after being flattened, KEEP YOU ELBOWS IN!



SITTING GUARD - DEFENSIVE

Reaction Steps:

1. Keep your elbows in to prevent arm drags and control their shins so they cannot close in. (Tuck your chin, and beware of collar choke)
2. Get them on their back.
3. Stuff their legs, flatten them out and trap their hips, work your pass.

NOTES:

- In Sitting guard your opponent has to create an angle (arm drag) or close in the gap to get control.
- Your opponent has a lot of different guards he can go to from here because he hasn't committed to anything yet.
- Kill the position by stopping his attempts to come in and getting them on their back.



CLOSED GUARD – TOP (BASIC POSTURE)

Top Position

Reaction Steps:

1. Double lapel control, press into sternum if they try and sit-up. (don't allow him to come under this arm and break the grip)
2. Opposite elbow tucked deep in thigh with pant control with your hand.
3. Bow your back to create pressure on the legs, but don't lean forward.

NOTES:

- Their main goal is to break your posture!
- If they change the angle, square up before you pass.
- Learn how to take advantage of your grips and win the grip fighting game.
- Don't let you opponent sit up.
- Be in control and square before you initiate your pass, if you are not square, get back to a solid position first.



CLOSED GUARD –BOTTOM (TRADITIONAL GRIPS)

Reaction Steps:

1. Grab the sleeve on your leg with both hands; lift your hips while pulling their arm into you.
2. Break Posture

NOTES:

- Don't allow your opponent to establish grips that give them control. This reaction is if they get too far in their grips.
- Using a two on one or the lapel grip works well here as well. Don't forget to use your legs to pull them to you.
- You want to open the guard on your terms, not theirs.



CLOSED GUARD – TOP (TWO ON ONE GRIP)

Top Position

Reaction Steps:

1. Even the grip game by grabbing the sleeve on the top hand & elbow in.
2. The arm that is controlled, drop your elbow/weight to your knee & establish belt/pant grip.
3. Get your elbow back to the inside.

NOTES:

- This is a great position for your opponent. Even up the grip game by knowing what they want (as he pulls you across, lock your arm down and prevent him from pulling).
- With the "Two on one" he wants to pull your arm across his body.



CLOSED GUARD – TOP (OPPOSITE DEEP COLLAR GRIP)

Reaction Steps:

1. Come over thier arm, grab their lapels and quickly grab and pull the sleeve controlling your lapel.
2. Push thier lapels and pull the sleeve.
3. Stand to the side thier arm is controlled and turn your knee in to break the guard.

NOTES:

- Here your opponent is working a collar choke, or setup. If you haven't established your posture they can break you down from here.
- This is another grip fighting game.
- Do this only when you can still save posture.



CLOSED GUARD – TOP (COMPLETE BROKEN POSTURE)

Top Position

Reaction Steps:

1. Keep your elbows in, head centered, and always follow your opponent hips.
2. Press into arm their pits to separate, still keeping elbows in, and move back to regain posture.

NOTES:

- You have lost your posture. You need to regain your posture quickly. Get back control and make your opponent play our game.
- Keep your elbows in and always follow your opponent hips (they need to create an angle to attack).
- Keep your head centered.



CLOSED GUARD –TOP (PIN YOUR OPPONENTS SHOULDERS WITH THE LAPELS)

Reaction Steps:

1. Put your head down centered, elbows in, and push away.
2. Stand up pressing your weight trapping the lapels, put your knee in the middle of their legs, and sit to break closed guard.
3. Establish your sitting base.

NOTES:

- Elbows in prevents an arm bar or posture break down pulling your elbows out.



CLOSED GUARD – BOTTOM (OPPONENTS TRIES TO CONTROL YOUR SHOULDERS WITH THE LAPELS)

Reaction Steps:

1. Elbows in and get your hands under their arms to block.
2. Feed the lapel and shoot your other hand in to get a deep cross lapel grip to break their posture.

NOTES:

- Stop all control and break their posture from the bottom.



CLOSED GUARD – BOTTOM (OPPONENT HAS 1 OR 2 HANDS ON THE FLOOR)

Reaction Steps:

1. Grab wrist and extend their arm.
2. Sit to kimura.

NOTES:

- There are infinite possibilities if your opponent makes this kind of mistake
- Most people will need to uncross their ankles to sit up. Be sure to keep the legs squeeze tight when you sit to a kimura.



CLOSED GUARD – BOTTOM (STALL TACTIC)

Reaction Steps:

1. Dig under the chin the create a structure
2. Bridge and push head up while scooting out to create space.

NOTES:

- When someone is doing this they are ahead on points and running down the clock, you need to create an opportunity.
- If you're ahead on points and he is resting keep his postures broke down, and wait until he gives you something.



CLOSED GUARD - BOTTOM (HANDS ON THE BICEPS)

Reaction Steps:

1. Bridge, cross your arms, peel off the opposite side hand.
2. Attack

NOTES:

- Your opponent is looking to control your arms and stand to break your guard.
- Break the grips quickly to control his posture.



CLOSED GUARD - BOTTOM (STANDING WITH SLEEVE CONTROL)

Reaction Steps:

1. Once they get sleeve control circle their hand and get double sleeve control on them.
2. Lift your hips at the same time extending their arm to you. (this opens up attacks and submissions)

NOTES:

- If your opponent gets sleeve control and stands completely you are at their mercy.
- React before they stand all the way.



CLOSED GUARD - BOTTOM (OPPONENT ATTEMPTS STANDING TIGHT, TURNING THE KNEE IN TO BREAK THE GUARD)

Reaction Steps:

1. Right when they step in close to your body you need to block the knee using your elbow and start moving away from that leg.
2. Under hook the leg, extend your back and get the leg toward your neck.
3. Attempt for double sleeve control or sleeve collar.

NOTES:

- By changing the angle, your opponent can not stand with a strong base.



CLOSED GUARD - BOTTOM (YOU JUMP GUARD)

Reaction Steps:

1. Under hook the leg, extend your back and get the leg toward your neck.
2. Begin Sweeps

NOTES:

- Under hook your opponents leg and extend to off balance your opponent.



SITTING BASE

Reaction Steps:

1. Create a 90 degree angle with your legs
2. Crowd the leg by leading with your shin and pressing downward with the knee, posture high.
3. Elbows inside the thighs
4. Grip control with each hand

NOTES:

- Any time your opponent opens his guard you should get a knee in and create a solid sitting base, when you're on the ground.
- When you really crowd the leg your opponent has limited options and needs to create space.
- Be versatile you may need to switch quickly from one pass to another, so don't force anything at the risk of losing your balance.



SITTING BASE (LEG LOW)

Top Position

Reaction Steps:

1. Lead with shin, drive your hips forward, posture up, and press the leg low to the ground.
2. Begin Pass

NOTES:

- When you create a strong sitting base you take away so many options from your opponent. Take advantage of this and REACT and pass.
- Be versatile you may need to switch quickly from one pass to another, so don't force anything at the risk of losing your balance.



SITTING BASE (LEG IS A LITTLE HIGH TO GO OVER)

Top Position

Reaction Steps:

1. Turn to the side to alleviate the knee.
2. Grab the opposite leg and press down.
3. Cut through pass

W/ Under hook:

- Establish under hook, keep your head low, stretch the under hook arm and pull with the other arm.

No Under hook:

- Grip same side lapel, good posture & exaggerate the push on the shoulder & pull of the bottom arm.

NOTES:

- Your right hand must control your opponent the entire time by grips or under hook.



SITTING BASE (OPPONENT PUTS THEIR KNEE ACROSS YOUR CHEST)

Top Position

Reaction Steps:

1. Under hook the leg across your chest, at the same time use your other knee to press the other leg down or base to prevent a scissor sweep attempt. Keep the lapel grip.
2. Crowd the under hooked leg, posture high and use your other hand to feed the collar to the hand under hooking the leg.
3. Pick your pass

NOTES:

- This sets up a great pass. React quickly so they do not have the opportunity to change the game.

*** test order

***reshoot



SITTING BASE (DEALING WITH YOUR OPPONENTS SITTING BASE)

Reaction Steps:

1. Block the knee
2. Push their knee to the middle while squeezing your knees together and create space.
3. Establish foot position.

NOTES:

- Block the knee long enough to establish foot position.
- You need space here to begin your game.



Half Guard

HALF GUARD BASE -TOP

Top Position

Reaction Steps:

1. Elbows in, feet close together, & head low
 2. Control your opponent's knee with you elbow to keep it off your chest.
 3. Knees tight (this prevents him from pulling you to deep half guard)
- ❖ To pass: Deep cross face, flatten opponent, ear to the sternum, and curl your bottom foot to your butt.

NOTES:

- If your opponent tries to close in, push them away.
- You initiate the distance game.
- When you flatten opponent you have not killed all of his game, he still has sweeps, so start working your pass and maintain control.
- Your opponent has a lot of options from bottom, their best option is to eliminate the cross face and close the gap and get in deep, they also what the under hook.
- KEEP YOUR ELBOWS IN!!



HALF GUARD (BOTTOM BASE)

Reaction Steps:

1. Block Cross-face, and tuck the top arm.
2. Work for the under hook when it presents itself.
3. Keep chin tucked in.

NOTES:

- The under hook gives you the leverage.
- Stay on your side.
- Whoever wins the under hook game will have the most control.

HALF GUARD - BOTTOM (OPPONENT WHIZZERS THE UNDER HOOK)

Reaction Steps:

1. Grab the wrist with the arm that has been caught.
2. Reach under the leg and hook
3. Get your hips under your opponent, lock down on the leg & lift to the ceiling.
4. Use the leg and roll the opposite direction.

NOTES:

- You must get leverage under your opponent's hips or you can't roll them.
- You can under hook the leg to help but getting your hips under your opponent, this makes it hard to stop being swept.
- ❖ Review the next page to get a visual of the lock down position.



HALF GUARD LOCK DOWN

Reaction Steps:

1. Release the half guard; come over the top of the leg like you are going to triangle someone.
2. Hook the top foot under the opponent's leg and extend.

NOTES:

- ❖ This position also stops an opponent from advancing higher.



HALF GUARD - BOTTOM (OPPONENT FLATTENS YOU)

Reaction Steps:

1. Use the leg lock down to stop the opponent from advancing
2. Lift feet while maintaining the lock down
3. Bounce hips until enough space is made to get on your side and regain a position you can attack from.

NOTES:

- By locking down the legs you isolate your opponent's hips and can control it.
- Need to react quickly before the opponent changes the angle.



HALF GUARD - BOTTOM (LEG THREAD PASS)

Reaction Steps:

1. Lift and get on your shoulder (like rolling back to guard)
2. Pull leg out and rotate over their head to recover guard
3. Get your knee back across your opponent's body.

NOTES:

- By threading the legs your guard is neutralized.
- You must free the leg before you can work again.



HALF GUARD - BOTTOM (OPPONENT MOVES TO REVERSE KESAGATAMI PASS)

Reaction Steps:

1. Elbows in
2. Cross your feet and press down in front of your ankle while you dig your hands in the shoulder to create a structure.
3. Bridge and shrimp with but towards the opponent while keeping your feet close to your butt.

NOTES:

- By putting your feet to the ground flat and lifting, you raise your opponent's hips and they can't keep weight on you.



SIDE MOUNT

SIDE MOUNT - TOP (UNDER HOOK/CROSS FACE, OPPONENT BRIDGES)

Top Position

Reaction Steps:

1. Release your grip
 2. Grab the arm under the elbow closes to you and pull
 3. Switch to Kesagatami
- ❖ If they start to step out to bridge, keep hip to hip contact.

NOTES:

- Your opponent is trying to create space to get a knee in. You need to transition to stop this or keep hip to hip contact and follow him.



SIDE MOUNT -TOP (UNDER HOOK/CROSS FACE, OPPONENT BRIDGES AND GETS THE UNDER HOOK)

Top Position

Reaction Steps:

1. Whizzer the top arm, shift your weight towards them (to slow them down) and block the leg.

NOTES:

- This is a tough position to respond to. Remember this when your locked down inside mount. You need to transition fast.



SIDE MOUNT - BOTTOM (YOU ARE FLATTENED BUT HAVE THE UNDER HOOK)

Reaction Steps:

1. Get your elbow in to block the hip
2. Bridge and shrimp out and bring knees in.
3. Look for escape.

NOTES:

- Do not start anything until you have gotten the elbow in to block the hip, this helps prevent your opponent from following you or transitioning to north/south position.



SIDE MOUNT - BOTTOM (OPPONENT HAS CROSS FACE UNDER HOOK)

Top Position

Reaction Steps:

1. Swing both feet away from you opponent and press the throat
2. Bridge and shrimp away, eliminating the cross faces.
3. Rock & bounce and look for the under hook or recover guard

NOTES:

- Do not push with your arm extending it and give it up for an attack.
- Create space and get rid of the head control.
- Use this when the under hook is not available.



SIDE MOUNT - BOTTOM (WITH THE UNDER HOOK, ARM OUT)

Reaction Steps:

1. Get your elbow in and block the hip
2. Bridge and redirect their head parallel to your body.
3. Shrimp out, knees in, look for recovery or escape.

NOTES:

- Do not start anything until you have gotten the elbow in to block the hip! Here if you don't block the hip they will mount you.



SIDE MOUNT - BOTTOM (OPPONENT PASSED YOUR LEGS)

Reaction Steps:

1. Get on your side and face your opponent.
2. Redirect the head to the floor parallel with your body or prevent any head control while trying to establish the under hook.
3. Bottom thigh to elbow & begin guard recovery.

NOTES:

- Don't allow your head to be controlled.
- Try to win the under hook game but don't go for it too early.
- Stay off your back.



SIDE MOUNT - SMOUNT

Top Position

4.



Kesa-Gatame

KESA-GATAME UNDER HOOK -TOP (OPPONENT USES PRESS AND SHRIMP ESCAPE)

Reaction Steps:

1. Pull the arm to get your knee under the arm pit
2. Keep your head low & tighten to control space
3. You may need to switch to cross side mount to control your opponent. Establish deep cross face & block the hip, and flatten your opponent.

NOTES:

- This is a strong position. Use your weight to control the hips.
- You also can launch an offense from this position.
- You are in danger if you get to low and aren't under his arm.
- You may need to transition back and forth to secure this position and prepare to attack.



KESA-GATAME - BOTTOM (OPPONENT HAS UNDER HOOK)

Top Position

Reaction Steps:

1. Immediately get elbow to the ground
2. Walk your hands down to the floating rib
3. Walk your feet to your butt, bridge and shrimp out.

NOTES:

- Your opponents options are get under your elbow or go to cross mount.
- You need to shrimp to create space.



KESA-GATAME HEAD CONTROL – TOP (OPPONENT BRIDGES TO ROLL)

Top Position

Reaction Steps:

1. Keep your head low. (ear to shoulder)
2. Lean back slightly and lift up on you opponents head slightly.
3. DON'T LEAN YOUR HEAD BACK!

NOTES:

- You have a lot of control of the head, but no base over your arm control the head.
- You are committed to this position and should go for the kill; it is hard to transfer from here.
- Your opponent will try and bridge your head to the ground above him, then roll you.
- You should use their head to gauge the counter weight. EX. You begin to get rolled right, lean your head slightly to the opposite direction.



KESA-GATAME -BOTTOM (OPPONENT HAS HEAD)

Reaction Steps:

1. Grab around the body, create a fist and use your thumb knuckle under their floating rib
2. Turn into them as much as you can, at the same time walk your legs into them.
3. As they react bridge and roll.

NOTES:

- They are committed to this position and should go for the kill; it is hard for them to transition from here.
- You have a lot of escape options.



KESA-GATAME HEAD CONTROL – TOP (OPPONENT CREATES A STRUCTURE AND BRIDGES AND SHRIMPS)

Top Position

Reaction Steps:

1. Lean forward and tilt your head to the floor slightly
2. Get your hand in to defeat the framework.
3. Look to push the arm across the head for a head and arm choke.

NOTES:

- You have a lot of control of the head, but no base over your arm control the head.
- You are committed to this position and should go for the kill; it is hard to transfer from here.
- Your opponent is trying to press to relieve pressure, bridge and shrimp out. Your opponent has many options to escape and advance from the position.
- By keeping your chin down before your opponent connects with a fist, you eliminate their chance to get this move.



KESA-GATAME - BOTTOM (OPPONENT HAS HEAD)

Reaction Steps:

1. Create a structure by putting your outside fist and inside palm into the neck
2. Press up to create space as you shrimp out.
3. If your opponent doesn't fall over when you shrimp out, kick your leg over his head.

NOTES:

- Using the outside fist helps prevent a head and arm choke.



KESA-GATAME - TOP (LOW REVERSE)

Top Position

Reaction Steps:

1. You realize you're too low: keep your head low so you stay tight.
2. Bring your knee that is up to the floor by your opponents hips, and wrap your arms around the legs simultaneously.
3. Keep your elbow in close to the body and slide across the ribs, move to a cross face.

NOTES:

- In this position you are too low to maintain your position or go for mount.
- You need to reestablish a controlling position.



KESA-GATAME - BOTTOM (OPPONENT HAS LOW REVERSE KESAGATAMI)

Reaction Steps:

1. Walk back and get your elbows to the ground.
2. Walk your hands down
3. Bridge and start to shrimp out, as they follow shrimp into them.

NOTES:

- When your opponent is low you are in good position to escape.



KESA-GATAME (HIGH REVERSE)

Top Position

Reaction Steps:

1. Hook the near leg & pull the other near you (this puts pressure on their knee and they will not like this position.)
2. As you step over to mount, hip down and cross feet to prevent a leg escape.
3. Base and mount
4. Keep hips down as you square up

NOTES:

- This is a great position to mount from; however your opponent knows this. If he is a good player he will reach under and control your bottom leg. He will drop the leg closes to you and as you mount he will push your leg into half guard.
- As soon as you hook the leg, you should mount.



KESA-GATAME (OPPONENT HAS HIGH REVERSE KESAGATAMI)

Reaction Steps:

1. Wiggle left to right and work your elbows down
2. Then begin low reverse kesagatami escape.
3. If they try and mount immediately switch to elbow escape.

NOTES:

- This a terrible position to be in. Hopefully using the other concepts in this guide you don't find yourself here; however that isn't always the case.
- You need to recover your elbows quickly.



KESA-GATAME (OPPONENT TRIES TO TRANSFER TO SIDE MOUNT)

Top Position

Reaction Steps:

1. As your opponent turns, under hook and shrimp. Shrimp far to beat the cross face.

NOTES:

- Your opponents options are get under your elbow or go to cross mount.
- You need to shrimp to create space.



North/South

NORTH/SOUTH - TOP (OPPONENT HAS ELBOWS IN AND BOUNCES AWAY)

Top Position

Reaction Steps:

1. Drop one shoulder to kill one arm as they create space.
2. Transition from there.

NOTES:

- This position you want to attack or transition into a better position. Focus on killing the escapes and attacking.
- Your opponent wants to bounce and create enough space to get their knees in so they can recover guard.
- You may need to switch to top side mount, kesagatami, or knee ride if they create too much space.



NORTH/SOUTH - BOTTOM (YOU HAVE YOUR ELBOWS IN)

Reaction Steps:

1. Get your elbows in.
2. Bounce/rock away and push to one shoulder (you can't create the space you need if you push straight up).
3. One knee stays on your opponent to help you spin back to guard.

NOTES:

- With your elbow in you have create enough space to escape. Bring your knee in and spin away.



NORTH/SOUTH - TOP (PENDULUM ESCAPE)

Top Position

Reaction Steps:

1. Move toward the hip and block it.
2. Sit out to reverse kesagatami toward the legs swing at you.
3. Catch the legs with a leg under hook.

NOTES:

- You can't beat their push by pushing back so you must beat the angle.



NORTH/SOUTH - BOTTOM (OPPONENT HAS THEIR ELBOWS IN)

Reaction Steps:

1. Bounce/rock away until your arms are extended.
2. Pendulum enough to create an angle that will allow you to push away with your top arm and release and pull your bottom arm back & get to your knees.
3. Recover guard or sit out.

NOTES:

- By pushing your hips your opponent cannot advance his weight forward. By swing your hips away you create enough space to turn to your knees.



MOUNT

MOUNT - TOP (TRAP BRIDGE AND ROLL)

Top Position

Reaction Steps:

1. Shift your head and weight the opposite way they want to roll you
2. Slide your head up on the side your head is
3. Keep your knees squeeze tight against the body so you don't leave any gap.
4. Slightly raise your other knee

NOTES:

- Shift your weight against the roll.
- Your head can go all the way to the floor if you need it to and keep working the cross choke / arm bar combo.



MOUNT – BOTTOM (OPPONENT TRIES TO COLLAR CHOKE)

Reaction Steps:

1. Get square and under your opponent.
2. Trap their arm and leg and bridge with your feet close together and close to your butt and roll.
3. If they base reach over and grab behind the shoulder.

NOTES:

- You can also create this position by bridging and getting their hands to base above your head. This is used with great success and in combo (elbow and shrimp escape); it is tough for the guy to keep his position.
- The guy on top really has to flatten out and base with the opposite hand so keep the escapes coming, no time to rest.



MOUNT – TOP (OPPONENT TRIES TO SHRIMP ESCAPE)

Reaction Steps:

1. Cross feet
2. Grab the bottom wrist, pop it off.
3. Turn toward the controlled hand & pull up and walk knee to arm pits.

NOTES:

- Your leg can't beat their arm so you must break the grip.
- If necessary cross face opponent right after you break the grip to flatten them.



MOUNT - BOTTOM (SHRIMP ESCAPE)

Reaction Steps:

NOTES:



MOUNT - TOP (OPPONENT TRIES TO ELBOW ESCAPE)

Reaction Steps:

1. Slide heel to the hip on the side he is pressing with the elbow. Squeeze knees tight.
2. Cross face hard and move head
3. Block head with the opposite elbow to hold his head in place
4. Reach back and pull arm up and walk up to the arm pits.

NOTES:

- One of the main pieces that make the elbow escape work is creating a U with your body and touches your elbow with your knee. Using the cross face stops this motion but isn't enough without blocking the escape with your foot to their hip. This creates a gap but used together he can't take advantage of it.
- The foot blocks the knee coming up. Do not raise the knee and create space.



MOUNT - BOTTOM (AS OPPONENT MOUNTS ELBOW ESCAPE)

Reaction Steps:

1. Keep elbow to the ground blocking the hip.
2. Straighten the leg on the side they are mounting on.
3. As opponent mounts begin elbow escape.

NOTES:

- React before your opponent stabilizes mount. It is very hard to go from heavy side mount directly to heavy mount.
- Combine all mount escapes if your opponent gets to a full mount position. This is very difficult to defend; he also has to defend instead of attacking.



KNEE RIDE

KNEE RIDE (OPPONENT PUSHES ON KNEE)

Reaction Steps:

1. Under hook arm and grab triceps
2. Pull opponent toward you, & push head toward floor.
3. Move to arm bar and grab the leg.

NOTES:

- For opponent to push your knee they must leave a gap so use gap to attack arm.



KNEE RIDE (SHOULDER/SLEEVE PUSH/PULL)

Reaction Steps:

1. Grip opponents near sleeve a pull up & push the shoulder.

NOTES:

- Keep back extend so there is constant pressure downward.



KNEE RIDE (COLLAR & BELT)

Reaction Steps:

1. Cross face collar grip.
2. Push hips down with belt. (you can also pull to keep your balance and create more pressure)

NOTES:

- Don't fully extend the arm grabbing the collar.



KNEE RIDE (COLLAR & SLEEVE)

Reaction Steps:

1. Grab collar.
2. Pull sleeve.

NOTES:

- This control works better when you want to have the cross choke option.



KNEE RIDE ESCAPE

Reaction Steps:

1. Near side arm cup over the knee
2. Second hand/wrist supports the cupping hand. Roll with your knees and body away from them.
3. Shrimp out and fill the space *When you fill the space keep your elbows and knees up so you do not get flattened.

NOTES:

- Do not leave a gap on the far side arm, you will get arm bared"



Turtle

TURTLE (BASE POSITION)

Reaction Steps:

1. Draw knees in but maintain a good base. Create a diamond
2. Elbow in to the hips and grab your lapels.
3. Use your elbows like windshield wipers to defend the hooks.

NOTES:

- Primary goal is to reverse the position or get back to guard.



TURTLE – TOP (NORTH/SOUTH BELT GRIP)

Reaction Steps:

1. Keep their head in your stomach
2. Keep elbows squeezed inward so they can't move their head.
3. Hips down
4. Keep them glued to your body.

NOTES:

- Their best options are to sit out or sit to guard. Not letting get their head out prevents this.
- You can submit from here or advance your position to their back.



TURTLE – BOTTOM (SIT OUT)

Reaction Steps:

1. Tripod up
2. Trap the arm you are going to sit out on. If it is a seat belt grip sit out on the side under the arm pit.
3. Sit out, grab the leg and go to the back.

NOTES:

- By coming up to tripod position you create enough space and leverage to sit out.
- Protect your neck here.



TURTLE - TOP (YOU START TO GET SEAT BELT GRIP AND OPPONENT BEGINS TURTLE ROLE REVERSAL)

Reaction Steps:

1. Drop your shoulder weight away from the roll.
2. Pop the knee up to keep them from jumping over you.

NOTES:

- If your opponent can get your weight moving with their hips under your body, they have the leverage.
- You must keep pressure and be ready to follow the hips.



TURTLE – BOTTOM (ROLL)

Reaction Steps:

1. Trap the arm coming over the body
2. Attempt to move your knee behind your opponent.
3. Bring your knees together
4. Roll your opponent

NOTES:

- By trapping the arm and getting your hips below your opponent, you have the leverage to roll him.



TURTLE – BOTTOM (RECOVER GUARD)

Reaction Steps:

1. Trap the far leg with hand and step outside top block them from coming around your back.
2. Recover guard

NOTES:

- By blocking a leg with your hand and using your leg, your opponent has few options and you're clear to recover guard.

